

The Children's Center JANUARY 2026 Menu
One and Older - Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			All Center's Closed	EHS/HS Closed
				Breakfast: Kix, pineapple, Milk
				Lunch: Cheese Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, Milk
				Snack: Chips and Salsa, Milk
5	6	7	8	9
			Board Meeting	
Breakfast: Hot Biscuit, peaches, Milk	Breakfast: Kix, pineapple, Milk	Breakfast: Chicken sausage links,**chef's choice fruit**, Milk _____	Breakfast: Pancakes, applesauce, sugar free syrup, Milk	Breakfast: Oatmeal, pineapple, Milk
Lunch: Chicken and rice casserole, peas, **chef's choice fruit**, Whole grain roll, Milk _____	Lunch: Meatballs on whole grain roll, tropical fruit , ^green beans, Milk	Lunch: Chili, applesauce, whole grain roll and Milk	Lunch: Grilled chicken patty on bun, corn, peas, Milk	Lunch: Swai fillet w/lemon pepper, yams*, Spinach*, whole grain roll, Milk
Snack: Whole grain cheez its and Milk	Snack: Tortilla Pizza, water	Snack: Vanilla yogurt, peaches and water	Snack: Apple Slices and saltines and water	Snack: Strawberry Yogurt Snack Mix and Milk
12	13	14	15	16
				HS Closed - Teacher Work Day
Breakfast pizza, mandarin oranges and Milk	Breakfast: Waffles, pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, pears, Milk	Breakfast: Cream of Wheat, applesauce, Milk
Lunch: Beef Meatballs in gravy, mashed potatoes, ^green beans, whole grain roll and Milk	Lunch: Cheese Omelet, hash browns, pears, wheat biscuit and Milk	Lunch: Spaghetti w/meat sauce on whole grain noodles, **chef's choice veggie** Cantaloupe and Milk _____	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk	Lunch: Spring's chicken/broccoli* casserole peaches, roll, Milk
Snack: Ritz crackers, cheese and water	Snack: Mandarin Oranges and Milk	Snack: Warm wheat biscuit, *chef's choice fruit* & water _____	Snack: Tortilla with Cream Cheese, Milk	Snack: Cheese sandwich, pineapple and water
19	20	21	22	23
All Center's Closed				
	Breakfast: Kix, mandarin oranges, Milk	Breakfast: Chicken Sausage links , pineapple, Milk	Breakfast: Waffles, bananas, Milk	Breakfast: French toast chef's choice fruit and Milk _____
	Lunch: Chicken Spaghetti Bake, peas,**chef's choice veggie** and Milk	Lunch: Swai fillet with lemon pepper **chef's choice veggie**, broccoli*, roll, and Milk _____	Lunch: Meatball sub on whole grain bun, pears, *Spinach, Milk	Lunch: Macaroni and cheese , ^green beans, yams* and Milk
	Snack: String Cheese and Milk		Snack: Gold fish crackers and Milk	Snack: whole grain cheeze its, mandarin oranges and water
26	27	28	29	30
	POLICY COUNCIL			
Breakfast: Cheese toast, applesauce, and Milk	Breakfast: Vanilla Yogurt, pineapple and Milk	Breakfast: Cheerios, **chef's choice fruit**, and Milk _____	Breakfast: Grits, pears and Milk	Breakfast: Pancakes, peaches, sugar free syrup, Milk
Lunch: Turkey Sausage, wheat biscuit, mandarin oranges, peas and Milk	Lunch: Cheese Ravioli with Mozz Cheese, peaches, broccoli* and Milk	Lunch: Taco Soup, pears , whole grain roll and Milk	Lunch: Chicken Nuggets *brussels sprouts, *Sweet Potato Nuggets, roll, Milk	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, Mixed Vegetable Blend*, Milk
Snack: Pears and Milk	Snack: Strawberry Yogurt Snack Mix and Milk	Snack: Kix and Milk	Snack: Mandarin Oranges, whole grain cheez its and water	Snack: Vanilla Yogurt, pears, water

* Foods High in Vitamin A
Toddler foods must be diced in pieces no larger than 1/2 inch
Infant foods must be diced in pieces no larger than 1/4 inch
Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All Milk is low fat - Individualized Menus will be sent separately.
"This institution is an equal opportunity provider and employer"

^Canned green beans
Cereal must have a least 3 grams of fiber
Bread Must have at least 5 grams of fiber
Pastas must be whole grain

Sugar free syrup available for breakfast foods